

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Protein

Comment ID: 000652

Submission Date: 09/25/2009

Organization Type: Educational Institution

Organization Name: University of North Carolina at Chapel Hill

First Name: Adele

Last Name: Hite

Job Title: MPH/RD candidate

Key Topic: Carbohydrates, Evidence-based Review Process, Fats, Protein

Sub Topic:

Attachment: Y

Comment: Contradictions exist between the science contained in the 2005 Dietary Reference Intakes (Macronutrients) and the current nutritional recommendations and prevailing wisdom.

Comment ID: 000475

Submission Date: 04/28/2009

Organization Type: Educational Institution

Organization Name: Albert Einstein College of Medicine

First Name: Keith

Last Name: Ayoob

Job Title: Associate Clinical Professor of Pediatrics

Key Topic: Eating Patterns, Fats, Food Groups, Protein

Sub Topic: Cholesterol, Meat, Beans, Eggs, Fish, and Nuts, Saturated fatty acids

Attachment: Y

Comment: Please see attached commentary.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Protein

Comment ID: 000500

Submission Date: 05/21/2009

Organization Type: Educational Institution

Organization Name: Department of Animal Sciences, Washington State University

First Name: Jude

Last Name: Capper

Job Title: Assistant Professor of Dairy Science

Key Topic: Food Groups, Other, Protein

Sub Topic: Meat, Beans, Eggs, Fish, and Nuts, Other

Attachment: Y

Comment: U.S. milk and meat industries have made huge improvements in efficiency over the past 60 years, enabling more safe, wholesome, affordable food to be produced using fewer resources. However, anti-animal agriculture groups often deliberately misrepresent the conclusions of a recent FAO report, suggesting that U.S. livestock production is a significant contributor to greenhouse gas production, despite the report's conclusion that improving efficiency is key to mitigating climate change. When assessing environmental impact, it is essential to compare U.S.-specific EPA data (stating that livestock production only contributes 2.8% of U.S. greenhouse gas emissions) with the oft-quoted FAO global estimates (18%) and to make dietary recommendations accordingly.

Comment ID: 000518

Submission Date: 06/01/2009

Organization Type: Educational Institution

Organization Name: University of Illinois

First Name: Donald

Last Name: Layman

Job Title: Professor of Nutrition

Key Topic: Protein

Sub Topic:

Attachment: Y

Comment: The Protein and Carbohydrate Subcommittee posed a series of questions concerning the health impact of diets with increased protein quantity and quality and relationships to carbohydrate foods. I provided some information and references but I also want to express concern about the phrasing of some of the questions. The quality of the answers will be influenced by the interpretation of the questions. I have focused on clarifying some of the issues inherent in the questions. In addition to the attached comments, I would also be pleased to provide the Subcommittee additional information or assistance at any time.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Protein

Comment ID: 000661

Submission Date: 09/29/2009

Organization Type: Individual/Professional

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Carbohydrates, Protein

Sub Topic: Low carbohydrate

Attachment: N

Comment: I think the 2010 dietary guidelines should focus on a diet of few carbs and adequate protein. The focus on a low fat diet that started in the 80's has not led to significant reduction in obesity, hypertension, high cholesterol or diabetes. Numerous studies have shown the dangers of a high carbohydrate diet and it's relation to insulin resistance with all it's consequential health risks. I think with a diet focused on getting enough protein, fruits and vegetables would help America's battle with the 'diseases of civilization' immensely.

Comment ID: 000519

Submission Date: 06/01/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Jennifer

Last Name: Shu, MD

Job Title: Pediatrician

Key Topic: Eating Patterns, Evidence-based Review Process, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

Sub Topic: B Vitamins, Iron, Magnesium, Meat, Beans, Eggs, Fish, and Nuts, Potassium, Zinc

Attachment: Y

Comment: As a pediatrician concerned about the health and well-being of children, I would like to share my thoughts regarding the role of animal protein products (meat, fish, eggs) in child health. There are not sufficient data to support a recommendation to replace animal protein with plant protein in the diet of children and adolescents. It is important for the DGAC to acknowledge that beef provides a unique mixture of highly bioavailable micronutrients, not readily available in plant-based diets, that support the cognitive development and function of children and adolescents. Caution should be taken to avoid the establishment of protein source recommendations that inappropriately restrict animal protein in the diets of children and adolescents.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Protein

Comment ID: 000569

Submission Date: 08/04/2009

Organization Type: Individual/Professional

Organization Name:

First Name: Melissa

Last Name: Brechisci

Job Title:

Key Topic: Eating Patterns, Protein, Vitamins

Sub Topic:

Attachment: N

Comment: So far, the Food Pyramid has provided an unrealistic guide to the American People and I do hope that 2010 will be the year that changes everything! Hospitals and wellness centers are feeding sick patients the food that is making them sick to begin with while schools are raising our children on the risky foundation of processed foods and meals contributing to the outrage of childhood obesity and diabetes. The excess of Animal protein, particularly red meat, is clearly a root cause of disease and yet still it is recommended. Please consider alternative sources of protein, including vegetable protein, super foods, legumes, and high protein grains such as quinoa and millet. Poultry, eggs, and Fish are easier to digest and therefore less harmful. I think most would agree have great health benefits however if they are pumped up with hormones and fed chemical sprayed feed, then we are surely defeating the purpose. I urge you to make a strong emphasis on organic produce and food sources so we may educate the population on the dangers of these chemicals and mandate the farmers to find alternative ways to grow our food. The holistic movement teaches us a great deal about sustainable living, mind/body/spirit connection, raw foods and alternative methods to cooking and depleting enzymes, and thriving on plant and grain based diets. If we can combine the science of nutrition with the holistic approach to diet and lifestyle, we can find a balance and create a shift in the lives of Americans, and therefore the rest of the world.

Comment ID: 000593

Submission Date: 08/24/2009

Organization Type: Individual/Professional

Organization Name:

First Name: chris

Last Name: melilli

Job Title: student

Key Topic: Other, Protein

Sub Topic:

Attachment: N

Comment: In response to another comment I would love to try a vegetarian or veggie lifestyle, or at least a meatless one. But, I am having trouble finding recipes that my family will consume. Also, cost is a concern, if they will not eat it than I feel that my time as well as money were wasted and these days they are both precious

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Protein

Comment ID: 000520

Submission Date: 06/02/2009

Organization Type: Industry Association

Organization Name: National Cattlemen's Beef Association

First Name: Kristina

Last Name: Butts

Job Title: Manager, Legislative Affairs

Key Topic: Eating Patterns, Evidence-based Review Process, Fats, Food Groups, Protein

Sub Topic: Meat, Beans, Eggs, Fish, and Nuts, Oils, Unsaturated fatty acids, Saturated fatty acids, Trans fatty acids

Attachment: Y

Comment: Given the unique fatty acid profile and rich micronutrient content of beef, the role of beef in health outcomes, independent from other animal proteins, warrants independent review. One of the attached documents highlights newly published data regarding the limited role of dietary saturated fat on chronic disease risk, expands the previously submitted EBR to include HDL-cholesterol outcomes, and offers rationale to support a sub-question regarding the effect of beef on cardiovascular risk factors for consideration by both Subcommittees. In brief summary, evidence from randomized-controlled trials indicates that lean beef can lower LDL-cholesterol 7-12%, with or without weight loss, when included in a diet consistent with the 2005 Dietary Guidelines. A brief review of the scientific evidence suggests that plant-proteins may do little to reduce the risk of chronic disease, particularly cardiovascular disease. A second document outlining the rationale to support a sub-question regarding how a plant protein-based diet compares to that of an animal protein-based diet with regard to cardiovascular disease risk factors is provided for consideration by the Carbohydrate and Protein Subcommittee. In absence of compelling evidence to support recommendations for the substitution of plant proteins for animal proteins to reduce cardiovascular disease risk, the Subcommittees are asked to consider, at a minimum, maintaining 2005 Dietary Guidelines recommendations for lean beef in the 2010 Dietary Guidelines.

Comment ID: 000505

Submission Date: 05/26/2009

Organization Type: Industry Association

Organization Name: Paramount Farms, Inc.

First Name: Dominic

Last Name: Engels

Job Title: Vice President of Marketing

Key Topic: Eating Patterns, Fats, Protein

Sub Topic:

Attachment: Y

Comment: Comment is attached.

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Protein

Comment ID: 000514

Submission Date: 05/29/2009

Organization Type: Industry Association

Organization Name: National Fisheries Institute

First Name: Jennifer

Last Name: McGuire, MS, RD

Job Title: Manager, Nutrition Communication

Key Topic: Fats, Food Groups, Protein

Sub Topic: Fish oil, Omega 3 fatty acids, Meat, Beans, Eggs, Fish, and Nuts

Attachment: Y

Comment: Please see comments regarding the emerging idea of splitting sources of protein in to subcategories.

Comment ID: 000597

Submission Date: 08/26/2009

Organization Type: Industry Association

Organization Name: BC Salmon Farmers Association and others

First Name: Mary Ellen

Last Name: Walling

Job Title: Executive Director

Key Topic: Fats, Food Safety, Protein

Sub Topic:

Attachment: Y

Comment: The attached comments and scientific citations address common questions about farm-raised salmon

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Protein

Comment ID: 000747

Submission Date: 10/28/2009

Organization Type: Industry Association

Organization Name: Solae

First Name: Mark

Last Name: Cope

Job Title: Clinical Nutrition Research Scientist

Key Topic: Protein

Sub Topic:

Attachment: Y

Comment: See attached letter and articles for review

Comment ID: 000748

Submission Date: 10/28/2009

Organization Type: Industry Association

Organization Name: Solae

First Name: Mark

Last Name: Cope

Job Title:

Key Topic: Protein

Sub Topic:

Attachment: Y

Comment: pdfs for Solae letter

Comments Summary Report

Submission Date Between 04/24/2009 and 10/28/2009

Key Topic: Protein

Comment ID: 000741

Submission Date: 10/28/2009

Organization Type: Nonprofit/Voluntary

Organization Name: National Dairy Council

First Name: Gregory

Last Name: Miller

Job Title: Executive Vice President, Research, Regulatory and Scientific Affairs

Key Topic: Eating Patterns, Energy Balance/Physical Activity, Fats, Fluid and Electrolytes, Food Groups, Minerals, Nutrient Density/Discretionary Calc, Protein, Vitamins

Sub Topic: B Vitamins, Calcium, DASH, Magnesium, Milk, MyPyramid, Potassium, Saturated fatty acids, Vitamin A and Carotenoids, Vitamin D, Weight maintenance

Attachment: Y

Comment: The National Dairy Council appreciates the opportunity to comment on these important issues in support of improving the health and well-being of all Americans. Please consider the attached science-based comments.

Comment ID: 000497

Submission Date: 05/20/2009

Organization Type: Other

Organization Name: Will

First Name: Aliaga

Last Name:

Job Title:

Key Topic: Carbohydrates, Eating Patterns, Fats, Minerals, Protein

Sub Topic:

Attachment: N

Comment: Is there any possible way you can research more on the advantages of a high protein diet. High protein with an addition of "good carbs" such as those from whole wheat products, oatmeal, and fruits can become an advantageous meal. Though I am not a profession or doctor or anything, I have researched nutrition for a bit.

I have read that protein is a chain of amino acids. And one of these amino acids (can not recall which) is a stimulant in the brain. So, the more of this amino acid the better one feels neurologically, and this changes a person's overall mood throughout the day. A high protein diet is not only good in helping people keep muscle on, but it also makes them feel good. Speaking of muscle, one loses more weight when they have more muscle, because muscle burns more calories than fat. So, in order to maintain weight or lose weight, one must exercise and eat a good amount of protein and try to avoid carbs before bed.

Also, please do not exclude fat from the pyramid. Fats are essential to the human body, but they must be fatty acids such as Omega-3 fat that comes from salmon and other fish products.

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Key Topic: Protein

Additionally, can you please review the milk standards. When milk is pasteurized it burns the bad germs from it, but at the same time it burns some of the good bacteria, so would raw milk be a good suggestion?

Calcium is extremely important because bones do not stop growing (in density) until the age of around 30. So, please emphasize calcium, which can be digested through supplements.

Please emphasize that a person's diet is extremely important. In order to reach a goal (whether it be it weight, body sculpting, athletic goals, or overall well being) a person must exercise AND watch what they eat. Their diet is 90% of their goals.

Thank you,
Will

Comment ID: 000711

Submission Date: 10/27/2009

Organization Type: Other

Organization Name:

First Name:

Last Name:

Job Title:

Key Topic: Fats, Protein

Sub Topic: Trans fatty acids

Attachment: N

Comment: Dear Committee Members,

I am concerned that the push of meats and proteins interferes with trying to avoid trans-fats and saturated fats. The Dietary Guidelines for Americans does address the fact that these fats are found in animal products but I feel it is easily looked over. Please make a clarification and emphasize this issue.